Your upper body is certainly going to feel it today. Keep your water bottle handy, and a towel close by for the sweat that's about to flow!

**Resistance Band Chest Press**
- 3 sets
- 15 reps
- 60 sec rest
- Keep that back straight and eyes looking directly forward!

**Resistance Band Bent Over Rows**
- 3 sets
- 15 reps
- 60 sec rest
- Keep those elbows close to your sides!

**Resistance Band Standing Shoulder Press**
- 3 sets
- 15 reps
- 45 sec rest
- You'll have to reduce the resistance amount here! Big presses!

**Resistance Band Bicep Curls**
- 3 sets
- 12 reps
- no rest
- Superset A1: Once 12 reps are complete, move straight onto the next exercise!

**Resistance Band Shoulder Front Raises**
- 3 sets
- 12 reps
- 60 sec rest
- Superset A2: Keep those arms straight!

**Resistance Band Tricep Kickbacks**
- 3 sets
- 12 reps
- 60 sec rest
- Flex those triceps, you're almost done!
Resistance Band Chest Press

Primary muscle group(s):
Chest

Secondary:
Abs, Shoulders, Triceps

Attach a resistance band to a door frame or other stable surface. The base of the band will come to the level of your knees/thighs. Holding each handle, turn away and walk forward. Take a left leg lead stance.

Brace your core as you slowly push the resistance bands in front of you. Do not lock out the elbows.

Slowly return to the starting position, focusing the tension in the chest. Once your elbows are at a 90 degree angle, pause and begin again.

Resistance Band Bent Over Rows

Primary muscle group(s):
Middle Back / Lats

Secondary:
Abs, Biceps

Begin the movement by stepping on to a resistance band with your feet at shoulder-width, toes pointed slightly out.

Bend slightly at the knees and forward at the hips. Maintain a braced core and flat back throughout.

Leading with your elbows, pull the handles of the resistance band back, bringing your shoulder blades closer together. Hold this contraction and slowly release to the starting position.
Resistance Band Standing Shoulder Press / Overhead Press

Primary muscle group(s):
Shoulders

Secondary:
Abs

Place your left foot onto the middle of a resistance band. Step forward with the right. Tighten your abdominals and avoid arching your back.

Press the handles of the resistance band up and stop once your upper arms are parallel with the ground, making a scarecrow formation. The band should be behind your arms.

Slowly press the resistance band overhead. Do not lock out the elbows. Lower to the starting position and begin again.

Resistance Band Bicep Curls

Primary muscle group(s):
Biceps

Secondary:
Forearms

Begin the movement by stepping on to a resistance band with your feet at shoulder-width, toes pointed slightly out.

Holding the handles of the band in each hand, tighten your abdominals and straighten your lower back. Keep your chest up and gaze forward.

Using an underhand grip or hammer fist grip, slowly pull the band towards your shoulders. Keep your upper arm in place, moving only your forearms.

Once you reach the top of the movement, pause, and slowly lower the band to the starting position. Do not lock out your elbows.
Resistance Band Shoulder Front Raises

Primary muscle group(s):
Shoulders

Holding the handle of a resistance band in each hand, step on the middle of the band with both feet. Stand up straight with a tight core and flat back.

Begin by lifting your hands straight up in front of you with an overhand grip. Be sure to keep a slight bend in the elbows at all times.

Pause at the top to feel the contraction then slowly lower the bands to the starting position.

Resistance Band Tricep Kickbacks

Primary muscle group(s):
Triceps

Attach a resistance band to a door frame or other stable surface. Grab the handles of the band and walk backward until the slack tightens.

Bend slightly at the knees and forward at the hips. Maintain a flat back throughout.

Bring your upper arms up and tight to your side. From here, you will pull the band back using the forearms only. The contraction will be felt exclusively in the triceps.

Slowly return to the starting position and begin again.